



## NURTURING PARENTS TOGETHER

### A 10-week Parenting Education Class

#### 2022 Class Schedule

##### CLASS 1:

January 19,26

February 2,9,16,23

March 2,9,16,23

10 A.M.-12 P.M.

##### CLASS 3:

August 3,10,17,24,31

September 7,14,21,28

October 5

9:00a.m.-11 a.m.

##### CLASS 2:

April 26,

May 3,10,17,24,31

June 7,14,21,28

5P.M.-7P.M.

##### CLASS 4:

October 18,25,

November 1,8,15,22,29

December 6,13,20

11a.m.-1p.m.

**LOCATION: ACAP BUILDING IN ELIZABETHTOWN, N.Y. 7572 COURT ST SUITE 2**

**TRAINER: EMMA JEAN O'KUSKY, PARENT TRAINING SPECIALIST**

Please contact Emma Jean with any questions or to register at: [518-420-6808/eokusky@acapinc.org](mailto:518-420-6808/eokusky@acapinc.org)

- Please note that all 10 classes must be attended to get your certificate of completion.
- The class is free and open to the public (pre-registration is required).
- Each person will receive a handbook.
- Focus is parents with children ages 1-12 years old.

NURTURING PARENTING IS A PHILOSOPHY THAT SUPPORTS CHILDREN BEING RAISED IN A CARING HOME THAT NOURISHES THEIR SELF-WORTH, PROMOTES THEIR SENSE OF PERSONAL EMPOWERMENT AND COOPERATION, MAKES APPROPRIATE DEVELOPMENTAL EXPECTATIONS OF THEM, TEACHES CHILDREN THAT COMPASSION IS A FAMILY MORAL AND VALUE AND GENERALLY TREATS CHILDREN, AND EVERYONE ELSE FOR THAT MATTER, IN RESPECTFUL, NON-VIOLENT, DIGNIFIED WAYS.

**BRIEF is Building Resilience in Essex County Families**